

# School Breakfast Program

Offer vs. Serve  
Meal or No Meal?  
Training Activity

# Breakfast Meal Pattern

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily Minimum	Weekly Minimum	Daily Minimum	Weekly Minimum	Daily Minimum	Weekly Minimum
Fluid Milk (cups) – offer 2 types Low-fat (1%) unflavored Fat-free unflavored or flavored	1	5	1	5	1	5
Fruits (or vegetables) (cups) Juice cannot exceed half weekly offering	1	5	1	5	1	5
Grains (ounce equivalents) All grains must be whole grain rich	1	7	1	8	1	9



# Dietary Specifications

Dietary Specifications (Nutrition Standards) Daily Amount Based on the Average for a 5-day week			
	Grades K-5	Grades 6-8	Grades 9-12
Minimum- Maximum Calories	350-500	400-550	450-600
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (milligrams)	≤540	≤600	≤640
Trans-Fat (grams)	Nutrition Facts Label or manufacturer specifications must indicate zero grams of trans-fat per serving. This excludes naturally occurring trans-fat.		

**If you are following the meal pattern,  
you should be meeting the nutrient guidelines.**



# Offer Vs. Serve

- For Breakfast OvS is optional at all grade levels
- Helps cut down of food waste and cost
- Allows students to take what they are actually going to eat
- Offer at least 4 items from 3 components
- Must meet weekly grain minimums
- Student must take 3 items and one item must be a minimum  $\frac{1}{2}$  cup fruit or vegetable



# Breakfast Offer vs. Serve (OvS)

Must offer 4 food **items** from 3 components

- Grains (1 oz)
- Fruit/vegetable (1 cup)
- Milk (8 oz.) (two kinds)
- Additional item—e.g., a serving of grain, meat/meat alternate, or fruit/vegetable
- **The 4<sup>th</sup> item cannot be another milk**



# Breakfast Offer vs. Serve: On the Tray

- Must take at least 3 items including the minimum  $\frac{1}{2}$  cup fruit (or vegetable)
- Doesn't have to be 3 different items, double servings are allowed

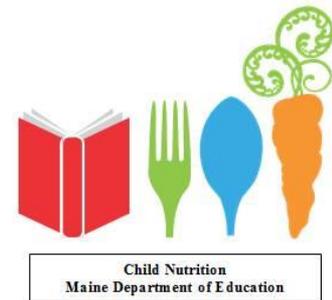
Example: a 2 oz. grain equivalent bagel counts as two grain items

- May take the full cup of fruit



# Resources

- Refer to the grain crediting chart for grain ounce equivalents
- Make sure meat/meat alternates are CN Labeled products
- Food Buying Guide



# Are the Trays Reimbursable Meals?

- Test your knowledge and comfort level with the meal pattern.
- Determine whether or not the following trays contain reimbursable meals in an Offer vs. Serve School Breakfast Program
- Use these activities in staff trainings to make sure everyone has a firm understanding of the Breakfast meal pattern.



# Example 1



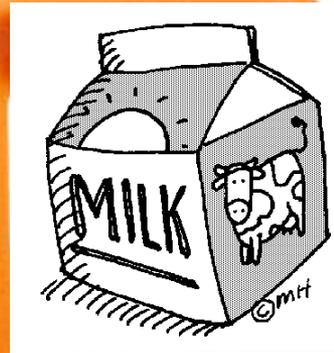
1 oz. cheese

2 oz. blueberry muffin



# Is Example 1 an OvS Breakfast? **No.**

**\*Does not include ½ cup fruit**



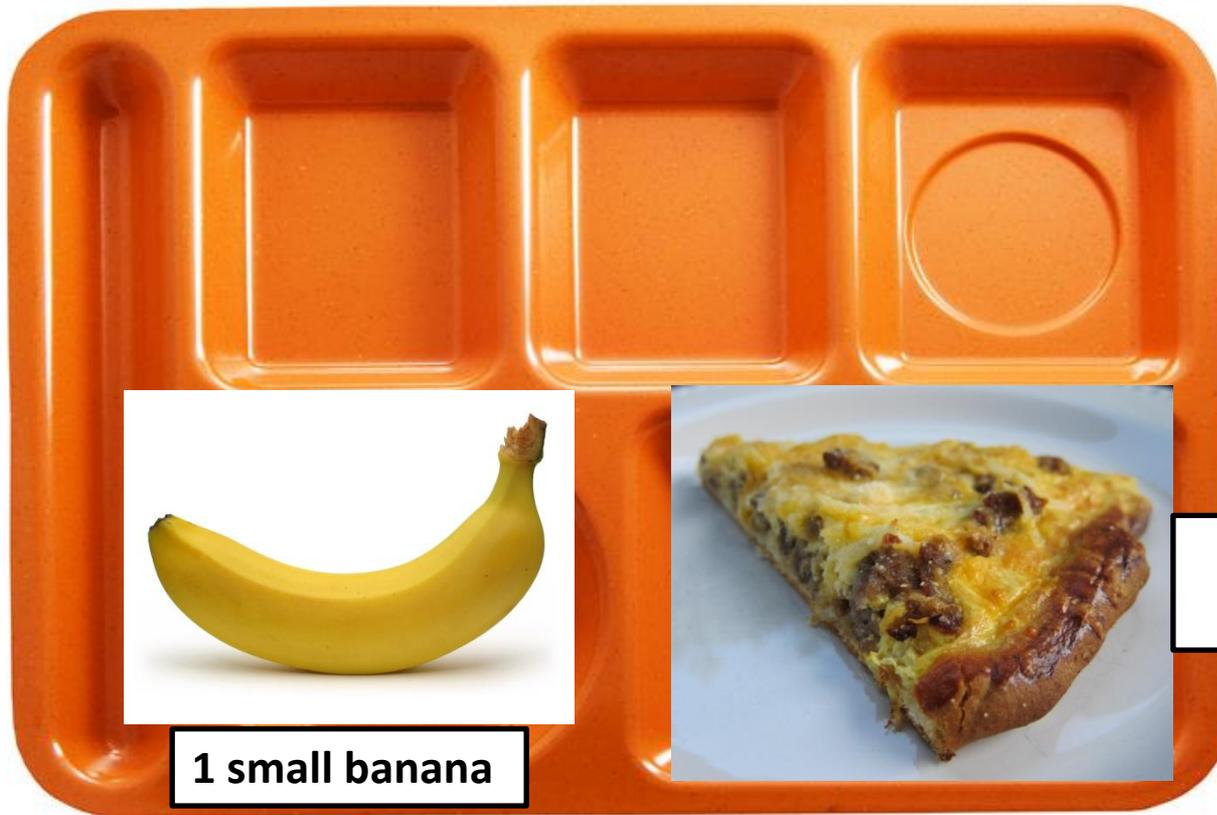
**1 oz. cheese=  
1 oz. meat/meat  
alternate**



**2 oz. blueberry muffin=  
1 oz. grain equivalent**



# Example 2



**1 small banana**



**1 slice sausage and egg pizza**



# Is Example 2 an OvS Breakfast? **Yes.**



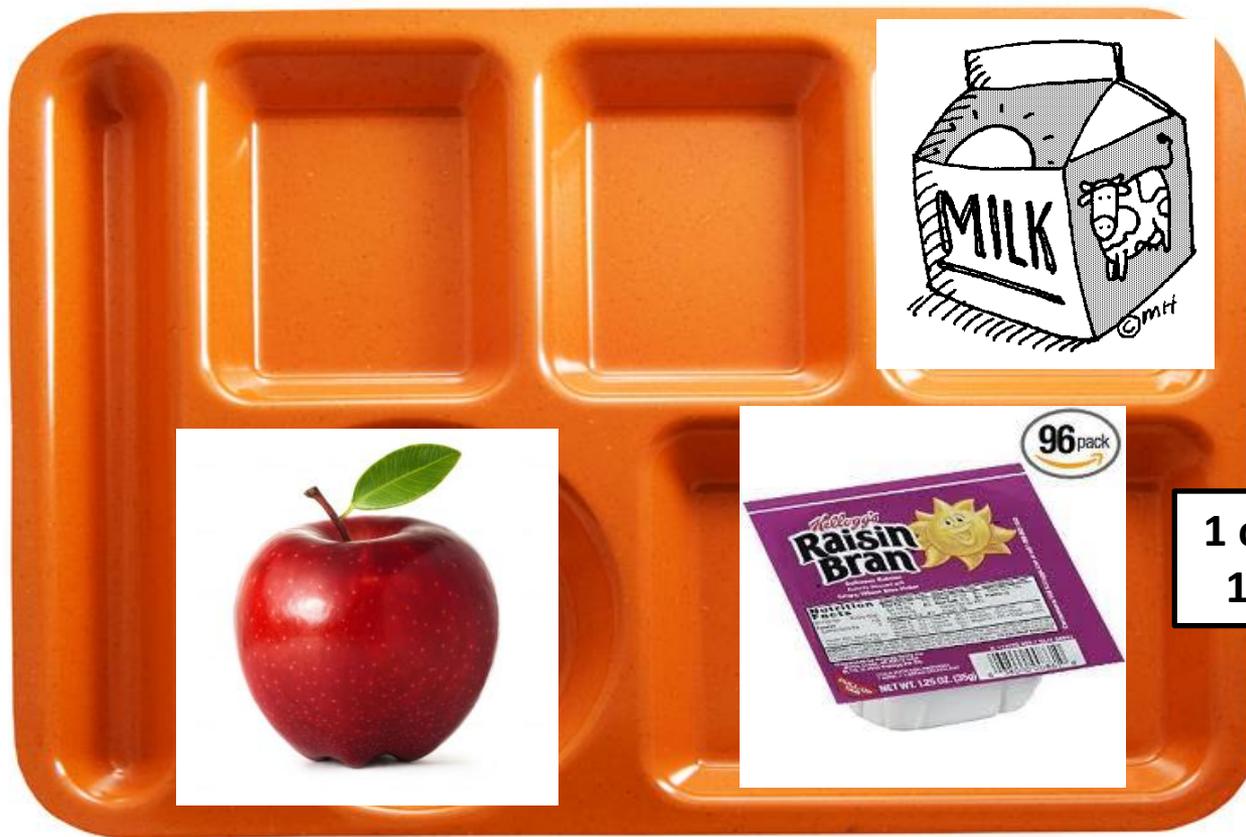
**150 count  
banana= ½ cup  
fruit**



**CN label: One slice is  
equal to 2 grain ounce  
equivalents and 2  
meat/meat Alternates**



# Example 3



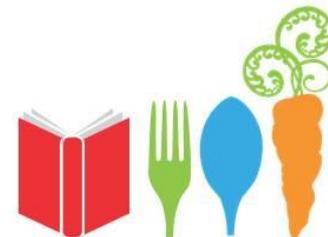
1 oz. cereal=  
1 oz. grain



# Is Example 3 an OvS Breakfast? **Yes.**



**1 oz. cereal=  
1 oz. grain equivalent**



# Example 4



4 oz. juice

1.55 oz Nutri Grain bar=  
1 oz. grain



# Is Example 4 an OvS Breakfast? **No.**

**\*Only two items: fruit and 1 grain**



**4 oz. juice**



**1.55 oz Nutri Grain bar=  
1 oz. grain**



# Example 5



4 oz. juice

1 Pillsbury Apple Frudel=  
2 grain oz. equivalents



# Is Example 5 an OvS Breakfast? **Yes.**



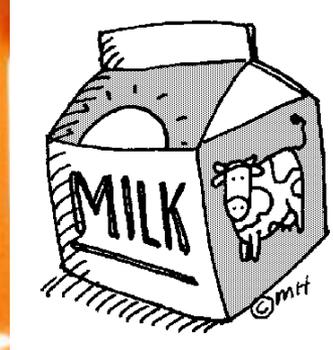
4 oz. juice

1 Pillsbury Apple Frudel=  
2 grain oz. equivalents



# Example 6

**¼ cup dried  
cranberries**



**2 oz. sweet roll**



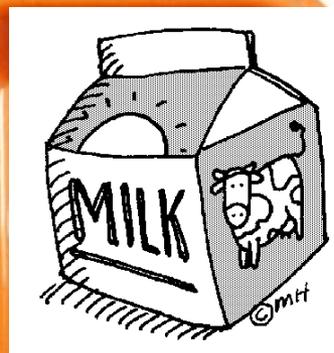
# Is Example 6 an OvS Breakfast? **No.**

**Only two full items: milk and fruit**

Serving size of grains is 1 ounce equivalent



$\frac{1}{4}$  cup dried  
cranberries =  
 $\frac{1}{2}$  cup fruit



2 oz sweet roll=  
0.75 oz grain  
equivalents



# Example 7



**1 packet  
cream cheese**



**2 oz. bagel**



# Is Example 7 an OvS Breakfast? **Yes.**



**2 oz bagel=  
2 oz. grain equivalent**



# Example 8



**1 medium  
apple**



**3 French Toast Sticks**



# Is Example 8 an OvS Breakfast? **No.**

**\*Only two items: fruit and 1 grain**



**½ cup fruit**



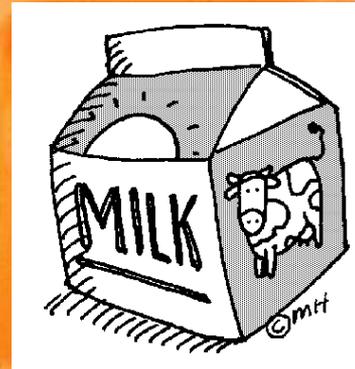
**French Toast Sticks:  
1.5 oz. grain equivalents**



# Example 9



4 oz. juice



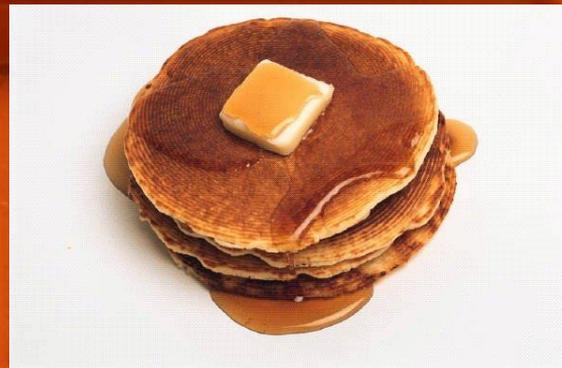
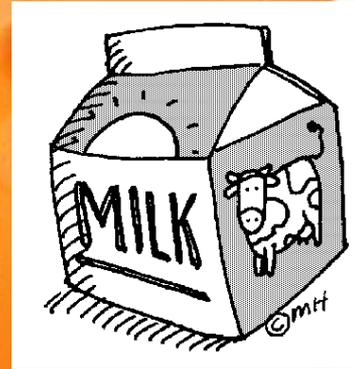
3 USDA Whole  
Wheat Pancakes



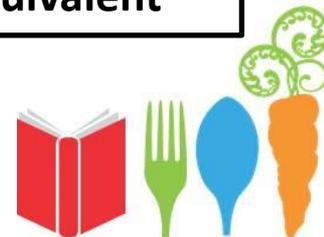
# Is Example 9 an OvS Breakfast? **Yes.**



4 oz. juice



3 pancakes (1.2 oz. each)= 3.6 oz.= 3 oz. grain equivalent



# Example 10



**¼ cup granola  
½ cup fruit  
1 cup yogurt**



# Is Example 10 an OvS Breakfast? **Yes.**

**\*Contains three items, including ½ cup of fruit**



# Example 11

4 oz. juice



**1 Breakfast Sandwich:  
1 English Muffin  
1 slice USDA American Cheese  
1 slice deli ham (1.22 oz)  
1 egg patty**



# Is Example 11 an OvS Breakfast? **Yes.**

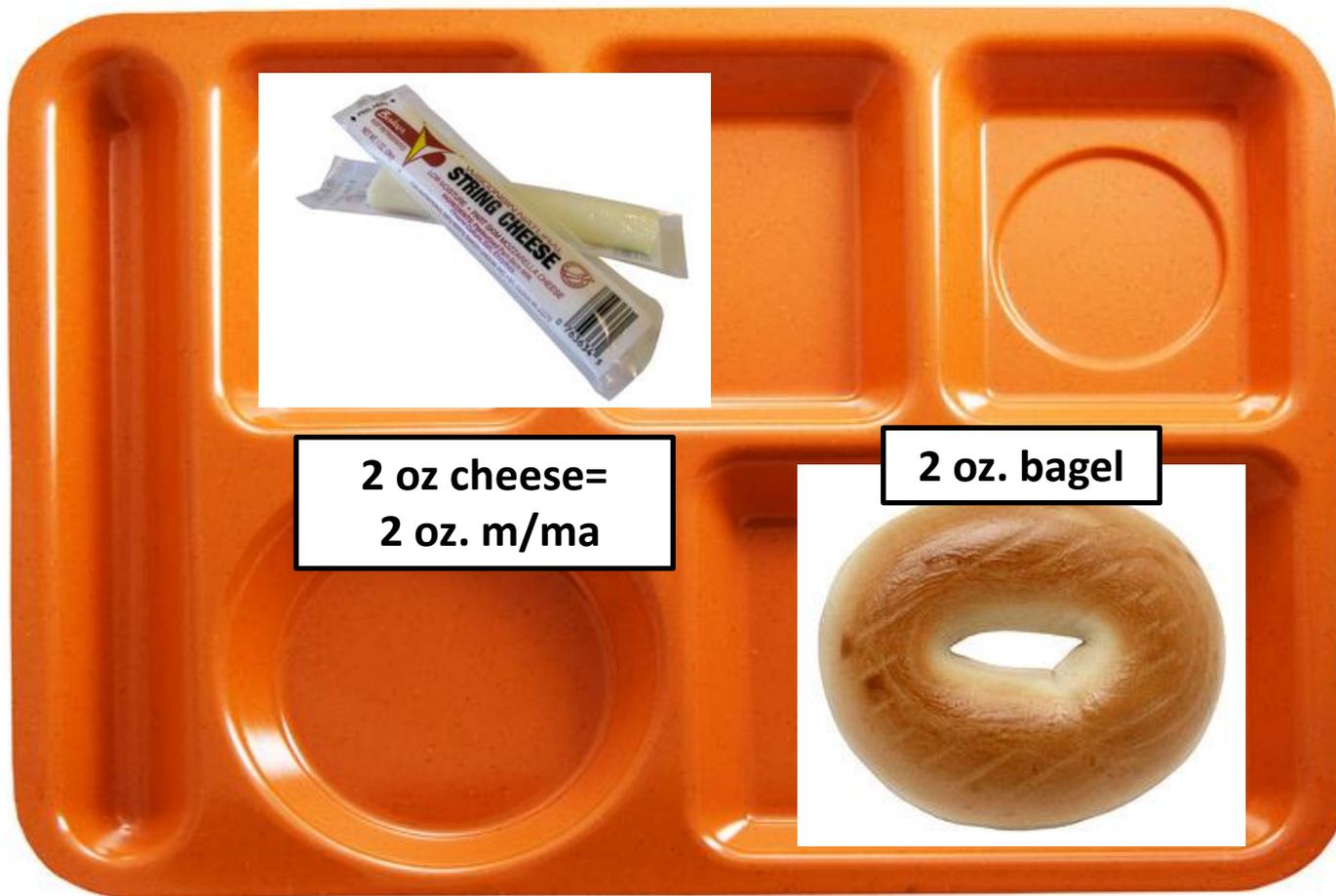
4 oz. juice



1 English Muffin= 2 oz. grain  
equivalent  
1 slice cheese= 0.5 oz. m/ma  
1.2 oz slice deli ham= 1 oz. m/ma  
1 egg patty= 2 oz. meat



# Example 12



2 oz cheese=  
2 oz. m/ma

2 oz. bagel



# Is Example 12 an OvS Breakfast? **No.**

**\* Does not include ½ cup fruit**



2 oz. cheese=  
2 oz. m/ma

2 oz. bagel=  
2 oz. grain equivalent



# Example 13

4 oz. juice



4 oz. juice



1 ounce cereal



# Is Example 13 an OvS Breakfast: **Yes.**

**\*Contains three items**

4 oz. juice



4 oz. juice



1 oz. cereal=  
1 ounce grain equivalent



# Non-Discrimination Statement

**This institution is an equal opportunity provider.**

